



Your goal: Complete at least 19 out of the 23 activities for this month!

ARF Activity Calendar - December 2004						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice your spelling words while playing catch with a friend until you get 100% correct	2 Jump rope 100 times to your favorite music. Not tired? Keep going!	3 Play charades and act out 10 verbs or active games that you like to do	4
5 	6 Wear your pedometer today and don't slow down until you log 12,000 steps	7 It's basketball season. Practice passing the ball around your waist 25 times each direction	8 Play a sport from a different culture. <i>Los Hoyos</i> is a game played in Mexico. Don't know how?	9 Learn three new stretches today. Do each stretch twice, holding each for 20 seconds	10 Trek through a Christmas tree farm or the woods in search of the perfect tree	11 
12	13 Make a map of free and low-cost physical activity areas nearby – and then visit one!	14 Bundle up and walk a six block radius in your neighborhood singing carols with friends.	15 Test your strength! Challenge your friend to a push-up contest. Try to do at least 20!	16 Only 9 more shopping days until Christmas! Walk fast thru the mall, Wal-Mart, or Main Street.	17 Socc-loon Day! Keep a balloon in the air without using your hands- stay active 10+ min.!	18
19 	20 Go to <i>Time Challenge</i> on Kidnetic.com to time yourself (& friends) doing new ACTIVities!	21 Play Hot Potato with a friend using a ball or a bean bag for 10+ minutes.	22 Listen to tunes while you help Mom clean the house. You'll definitely score "present points"!	23 Volunteer to shovel snow from the sidewalk/ driveway for your home or an elderly neighbor	24 Have a 5-minute wrapping paper war (throw back and forth) after presents are open	25 
26	27 Commercial breaks? Run to the room farthest from the TV and back as many times as you can.	28 Bounce balls or soft objects in a parachute (sheet or blanket) for at least 10 min.	29 Snowed in? Play basketball for 15 min. with a NERF ball and hoop or use a trash can.	30 Learn four yoga or Pilate moves to build flexibility AND strength (i.e. tree pose or plank)	31 Set a New Year's Resolution to be active at least 60 minutes every day in 2005!	

Resources:

November Fitness Calendar, NASPE www.aahperd.org/naspe
 VERB at www.VERBNow.com and VERB at www.cdc.gov/youthcampaign/
 The ARF Activity Guide

Los Hoyos ("the holes") – Mexico

All this game needs is a tennis ball and some chalk. For each player, you create a hole (using chalk, a paper plate, or even digging a hole in the dirt if you're playing outside) about 10 feet away from where the players will stand. The first player rolls the ball into another player's hole. If they miss the hole, the next player rolls the ball. If the ball lands in the hole, whoever the hole belongs to has to run to get the ball without being tagged by the other players. If the player makes it back to their standing place without being tagged, they get a point.